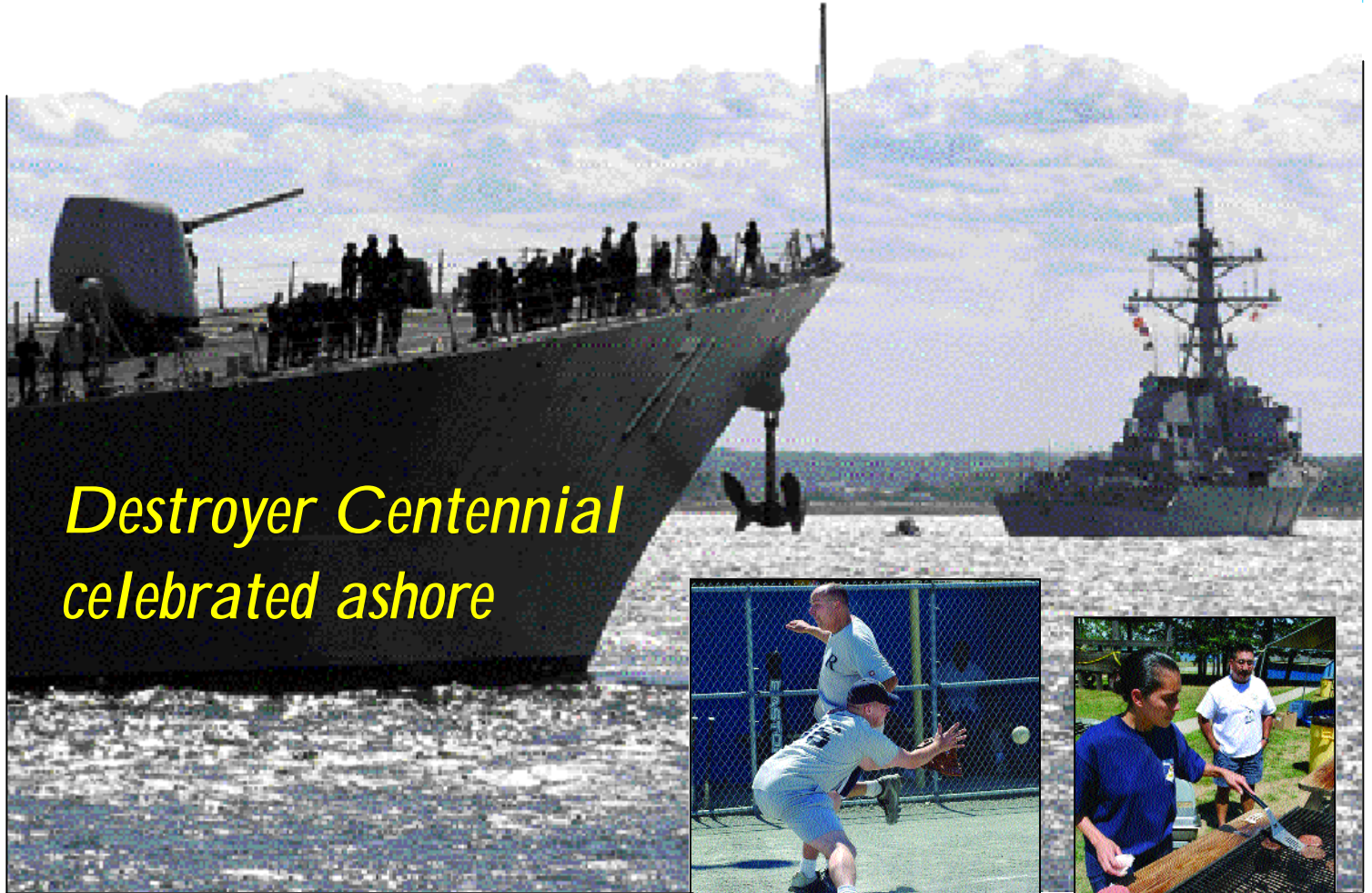


Destroyer Centennial celebrated ashore



PHC Jon Hockersmith/U.S. Navy photos

SHIPS AHOY — Two Arleigh Burke class destroyers, the USS Ross, left, and the USS Ramage arrive at Pier Two on Aug. 6 to participate in Newport's Destroyer Centennial Celebration, which included softball tournaments and picnics, inset photos. Story, more pictures, Pages 8-9.



War College hosts sculptor

Famed Iwo Jima Memorial sculptor Felix de Weldon visits the Naval War College.

—Page 3



Crime Night welcomes all

Military welcome at NAVSTA's observance of the National Night Out Against Crime.

— Page 3



Medical Corps observes 55th

The Medical Service Corps celebrates its 55th anniversary at the Naval Ambulatory Care Center.

—Page 4



Let's get it together

Classmates in the second summer class of the Officer Indoctrination School learn shipboard damage control techniques at the Buttercup wet trainer recently. About 175 students, who are being prepared to serve as naval officers in Navy medicine, Judge Advocate General Corps, and selected nuclear power specialties arrived in late July. Graduates will report to duty stations, nationwide and worldwide.

HMC Mike Brady/U.S. Navy photo

Navy housing to comply with water restrictions

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

Continuing drought conditions locally have prompted the Newport Water Division to impose restrictions on water use for its customers in Newport, Middletown and Portsmouth.

As water is supplied to all Naval Station (NAVSTA) Newport housing areas by the Newport Water Division, all housing residents must comply to these restrictions, Lt.

Chris Rehkop, NAVSTA's Assistant Public Works Officer, said. More than 900 occupied housing units are affected.

The water ban, effective Aug. 19, mandates customers to comply with an odd/even outside water use system. Residents whose addresses end with an even number are allowed outdoor-water use on even calendar days. Those with odd numbered addresses will be allowed water use on

odd calendar days.

Outdoor water use is restricted to two time periods, 5 to 8 a.m., and 6 to 9 p.m.

Housing managers will monitor all housing areas to assure compliance. Housing residents failing to comply with the restrictions may be subject to termination of quarters.

The NAVSTA Public Works Department urges all customers to do their part to use water wisely during this critical time.

Fireworks to cap off last summer concert

By MARY NAVARRO

NAVSTA Public Affairs Staff

Naval Station Newport concludes its Summer Concert Series on Friday, Aug. 30, at 6 p.m. on Dewey Field.

Navy Band Northeast's Concert Band will perform favorite John Philip Sousa marches and a touching patriotic tribute to America's veterans.

Rhode Island Sound also will be featured, playing contemporary and rock 'n roll tunes. The grand finale includes a dazzling fireworks display set from a barge in Newport Harbor.

The concert is free and the

public is invited as guests of the Commanding Officer, Naval Station Newport. Concert goers should bring chairs and blankets and enter the Naval Station through Gate 1, the main entrance near the Officers' Club; Gate 11, near the Naval Undersea Warfare Center; or Gate 4, off Coddington Highway.

The Officers' Club will sell concessions on Dewey Field, offering a selection of hamburgers, hot dogs, soda, beer, wine, ice cream and more, beginning at 5 p.m.

Rain date is scheduled for Saturday, Aug. 31.



DON'T GO THERE — Reed Street at Chases Lane in Middletown is blocked Aug. 7 with saw horses and a sign announcing the road is closed through Navy housing on weekdays, from 7 a.m. to 7 p.m., eliminating a commuter shortcut to Coddington Highway.

Ron Fontaine/
U.S. Navy photo

Navalog
Capt. Ruth A. Cooper
Commanding Officer, Naval Station Newport

Mary K. Silvia NAVSTA Public Affairs Officer	Bob Krekorian NAVSTA Public Affairs Staff	Greg Kohlweiss NAVSTA Public Affairs Staff
Ron Fontaine NAVSTA Public Affairs Staff	Joy Christmas NAVSTA Public Affairs Staff	Richard Alexander NAVALOG Editor

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The Newport Navalog is printed on recycled paper.

Congressman, senator due for SWOS groundbreaking

By **RICHARD ALEXANDER**
Navallog editor

Members of the R.I. Congressional delegation are expected at groundbreaking ceremonies today at 1 p.m. for the Surface Warfare Officers School Command's new Applied Instruction Building on Coasters' Harbor Island.

The guest speaker will be Vice Adm. Phillip M. Balisle, Commander, Naval Sea Systems Command.

Expected are Sen. Jack Reed, D-R.I. and Rep. Patrick J. Kennedy, D-R.I.; plus Anthony Miccolis, on behalf of the Sen. Lincoln D. Chafee, R-R.I.; and Ms. Kristen Connors, on behalf of Rep. Jim Langevin, D-R.I.

Naval officers to attend include Rear Adm. Rodney P. Rempt, President, Naval War College; Capt. Ronald W. Brinkley, Commanding Officer, SWOSCOLCOM; and Capt. Ruth A. Cooper, Commanding Officer, Naval Station (NAVS-

TA) Newport.

Navy Band Northeast's ceremonial band will play.

The three-story, L-shaped, brick building will be built behind Arleigh Burke and Weakley Halls at a cost of \$13.4 million.

It will house classrooms, bridge and combat information center (CIC) simulators, tactical trainers, a cafeteria, department staff offices, an instructor bay, administrative

GROUNDBREAKING, Page 12

Newport Naval Cable TV

SECDEF conducts town hall meeting

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show:

— Secretary of Defense Donald Rumsfeld holds a town-hall meeting in Washington, D.C., to outline his concept for transformation of the military.

— United States Postal Service unveils a new stamp in Norfolk, Va., honoring the heroes of Sept. 11.

— Navy divers recover a piece of naval history off the coast of Cape Hatteras, N.C.

The History of the U.S. Navy — The Navy from Vietnam, ((1964-1996)). The series outlines the importance of the U.S. Navy to our country's national security agenda, today and in the future. It will be shown at 9 a.m., and 1 and 6 p.m.

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council want to help service members achieve and maintain their optimal health and wellness, while learning more about disease prevention.

Health education and wellness programs are now offered on Newport Naval Cable Television channel 13, Monday through Thursday, from 2 to 3 p.m.

During next week's featured segments, beginning Aug. 26, learn more about *Overweight and Obesity*, and *Stress Anxiety*.

Go Navy, chart your future

This week on Newport Naval Cable Television see the Navy's latest *Accelerate Your Life* 12-minute recruiting video on channel 11 at 8:18 and 11:48 a.m., and 5:18 p.m. It may help you decide your future.

History and naval warfare

This week's featured video is

'Crime Night Out' set at Greene Lane

MIDDLETOWN — Naval Station (NAVSTA) Newport will again take a "bite out of crime" during America's 19th annual National Night Out Against Crime, on Tuesday, Aug. 27, from 5 to 8:30 p.m. at the Greene Lane Community Center.

The education and community outreach program involves the Naval Station Newport Security Force.

They will sponsor a program that includes demonstrations and information related to security and law enforcement procedures and equipment.

NAVSTA's Police Department honor guard will parade the colors and the NAVSTA Fire Department will give demonstrations on their fire fighting and rescue equipment.

Master-at-Arms Second Class Dwane Sampson and his military working dog, Britt of the Police K9 Division, will demonstrate drug search tech-

niques.

NAVSTA Bicycle Patrol officers will demonstrate the obstacle training course.

Gunner's Mate First Class Bobby Johnson from the Armory will conduct a weapons safety brief.

Famed sculptor visits NWC

By **LT.J.G. PETER FEHRING**
NWC Public Affairs Office

Felix de Weldon, famed sculptor, native Newporter, and an inspiration for Americans across the country, visited the Naval War College (NWC) last week.

The man who has been referred to as "the artist to kings and presidents" traveled from his home in Virginia with his wife, Joyce, to view his works in the "Felix de Weldon Walkway," and his historical busts in the War College Museum.

"We are both privileged and honored to have Mr. de Weldon visit us," said NWC President Rear Adm. Rodney Rempt. "He is an inspiration to us here at the War College and anyone who views his works across the country and the globe. We're proud to showcase his works in the dedicated walkway as well as in pieces elsewhere in the college."

The walkway, which joins Spruance Hall with Mahan Hall, features 12 bronze freezes which portray scenes from selected armed conflicts the U.S. has been engaged in, from the Revolutionary War to the Vietnam War.

The college also has one of the original models of the famous Marine Corps Memorial in the Spruance Lobby. The college also has de Weldon's sculpture of Adm. Spruance.

"I was good friends with Admiral Spruance," deWeldon said. "I worked with him here at the War College. I did his



PHC (AW) Jon Hockersmith/U.S. Navy photo

SCULPTOR FELIX DeWeldon, left, and friend Henry Roy discuss DeWeldon's model at the Naval War College's Spruance Hall of his famed Marine Corps Memorial.

bust when he was president here."

De Weldon has produced over 1,200 public monuments on seven continents, ranging from Asia to Antarctica. He is the only artist in the world with masterpieces on each continent including one at the South Pole.

His most recognizable work is the Marine Corps War Memorial, better known as the Iwo Jima Memorial in Arlington, Va.

"Each of the men in the statue stands 32 feet tall," said the 95-year-old de Weldon. "I made many models, each one larger, until I was able to construct the large statue that stands in Washington D.C. It took me six years just to make the full model and then over three years to bronze and erect it."

The memorial is one of 30 works in the Washington D.C. area. De Weldon has thousands of military pieces of art in the world.

Col. Neil Hartenstein, Marine Corps representative to the War College president, greeted de Weldon with a crisp salute.

"Sir, it is such an honor to meet you," said Hartenstein. "You have been so influential to this country, especially to the U.S. Marine Corps. Let me express my heartfelt gratitude for your life's work."

"Thank you so much for having me here," said de Weldon. "This is one of my most favorite places to visit. Being here brings back so many memories of America's greatest military officers. I will always treasure being here at the War College."

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Medical Service Corps marks 55th anniversary

The Medical Service Corps celebrated its 55th anniversary with a cake-cutting ceremony Aug. 7 at the Naval Ambulatory Care Center's Building 43 Command Conference Room.

The corps was signed into public law on Aug. 4, 1947, by President Truman.

The Medical Service Corps is a highly diversified team of clinicians, scientists and administrators who make up 32 different specialties in carrying out the mission of the Navy Medical Department.

Lt. Thomas C. Hughes was master of ceremonies for the brief ceremony, and introduced Lt.j.g. Timothy J. Coker, from Patient Administration who read a message of congratulations from the surgeon general, Vice Adm. (Dr.) Michael L. Cowan.

Lt. j.g. Rebecca Louise Mosseri, read the history of the Medical Service Corps, and Lt. j.g. Pamela Castro read the message from Rear Adm. James P. VanLandingham, Director, Medical Service Corps. He was Commanding Officer, NACC Newport prior to his selection to flag rank, and transfer to Washington, D.C.

The cake-cutting was conducted by the senior Medical Service Corps Officer, Capt.



SLICE OF TIME — Lt.j.g. Patricia DePaez, junior officer, and Capt. Andre Greedan, senior officer, cut the Medical Service Corps 55th anniversary cake at the Naval Ambulatory Care Center, Newport, on Aug. 7.

Andre M. Greedan, Deputy, NACC Newport; and the junior MSC officer, Lt. j.g. Patricia A.

WELL DONE — Capt. Andre Greedan, Deputy, Naval Ambulatory Care Center, Newport, presents Hospital Corpsman Third Class Jeremy Covell with a Navy Achievement Medal during an awards ceremony last Monday in King Hall, Naval Education and Training Center. Petty Officer Covell transferred to the Marine Corps Fleet Antiterrorism Security team in Yorktown, Va.

HM2 Michael Duff/U.S. Navy photo



Letter of Appreciation

Navy Band Northeast, from Rear Adm. Rodney Rempt, President, Naval War College, for support of Naval War College graduation, July 10, 2002

HM2 Kent R. Thrun, Preventive Medicine, Naval Ambulatory Care Center Newport, for Combined Bachelor Housing (CBH) Room of the Month (June), from Commanding Officer, Naval Station Newport, July 17, 2002

Civilian Length of Service Awards

Debra A. Sherman, Management Information, Naval Ambulatory Care Center Newport, 20 years, July 17, 2002

Sailor of the Year

HM1 Rodney S. Ruth (Senior Sailor), King Hall, July 17, 2002

HM3 Joseph M. Tuner (Blue Jacket), Care Plus Clinic, Naval Ambulatory Care Center Newport, July 17, 2002.

Safety Award

MM1 Stephen W. Stringham, Naval Ambulatory Care Center Newport, (Individual Award), June 19, 2002.



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Special events

NAACP to recognize First R.I. Regiment

PORTSMOUTH — The Newport County Branch of The National Association of the Advancement of Colored People (NAACP) will host ceremonies to commemorate the 224th year anniversary of the Battle of Rhode Island and honor the First Rhode Island Regiment.

Also known as the “Black Regiment,” the First Rhode Island Regiment fought and died aiding their fellow Americans in the battle on August 29, 1778.

The ceremony will be Sunday, Aug. 25, at 3 p.m. at Patriots Park, at Routes 114 and 24.

Capt. Ronald W. Brinkley, Commanding Officer of Surface Warfare Officers School Command (SWOSCOLCOM), will be guest speaker. Master of ceremonies will be retired Cmdr. William F. Bundy.

The Salve Regina University Concert Band, representatives of the Rhode Island National Guard, the United Veterans Council of Newport County, Arthur M. Burton VFW Post, the Newport American Legion and the Youth Council, Newport County Branch NAACP, will participate.

Announcements

Orientation for NACC enrollees

There will be a new enrollees orientation briefing at the Naval Ambulatory Care Center, (NACC) Newport, medical facility on Sept. 4 at 6 p.m. in Building 43 second floor command conference room.

New arrivals to the area are encouraged to attend to receive information regarding medical care offered in this region.

Aerobics recesses today

The aerobics program at FITNESS Plus will secure following class today for a summer recess. Classes will resume on Tuesday, Sept. 3.

For a current schedule, please visit **FITNESS Plus**, Building 355 or Gym 109.

Let's get shipshape with Health Promotion

Does the Physical Readiness Test (PRT) always stress you out? Do you diet to meet the weight standards? Want to change?

Join the Health Promotion Department at the Naval Ambulatory Care Clinic, Newport, for Ship Shape. Ship Shape is a nine-week program that focuses on weight loss through healthful lifestyle changes and education regarding eating, exercise and stress.

The class is offered at the NACC starting on Sept. 4 at 6 p.m. and will run through Oct. 30.

For information, call 841-6777 or 6778. The class is open to all active duty, their family members, retirees and Department of Defense employees.

International students offer cultural program

The Naval Staff College at the Naval War College has revived the Country Presentations Program by its international students.

The presentations will be held in Pringle Auditorium from noon to 1 p.m. Each student, dressed in native attire or his country's uniform, will present a slide show or brief about his country, explaining its culture, economy and customs. They may also serve ethnic food.

The next two presentations will be:

Aug. 27, Benin and Estonia;

Aug. 29, Trinidad and Tobago, and the Ukraine.

Navy Choristers seek voices

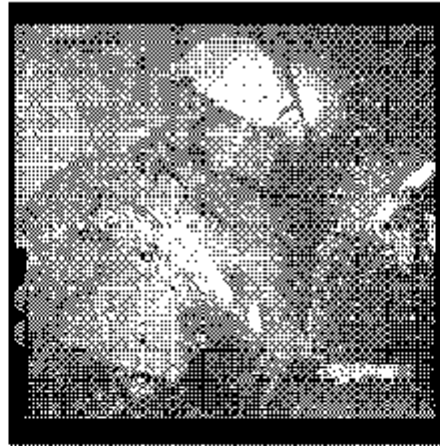
The Newport Navy Choristers are seeking new voices for the 2002-2003 musical season.

The choral group performs concerts throughout the year, and has raised more than

\$300,000 to benefit local charitable organizations since its founding in 1953.

Membership is open to active duty, reserve and retired military personnel, and civil-

ian personnel. The Choristers meet Tuesdays from 6:15 to 8:45 p.m. in the Quinn Lecture Room at the Naval War College. The first rehearsal of the new season is Sept. 3.



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Crime Night welcomes all

MIDDLETOWN — Naval Station (NAVSTA) Newport will again be taking "a bite out of crime" during the 14th annual National Night Out Against Crime, on Tuesday, Aug. 27, from 5 to 8:30 p.m. at the Greene Lane Community Center.

The education and community outreach program involves the Naval Station Newport Security Force.

It will sponsor a program that includes demonstrations and information related to security and law enforcement procedures and equipment.

NAVSTA's police honor guard will parade the colors and the Fire Department will hold demonstrations on their equipment.

Master-at-Arms Second Class Dwane Sampson and his military working dog, Britt, of the Police K9 Division, will demonstrate drug search techniques. A Bicycle Patrol Officer will give a demonstration on an obstacle course.

Gunner's Mate First Class Bobby Johnson from the NAVSTA Armory will conduct a weapons safety brief.

Volunteers will also be on hand to serve refreshments.

TODAY, August 23

- Armed Services YMCA:
 - Fitness Hour, 8 to 9:30 a.m.
 - Kids Quilting Camp, 9 a.m. to noon.
 - Fitness Hour, 9:30 to 10:30 a.m.
 - Infant Massage, 10 to 11:30 a.m.
 - Family Fun Cookout, noon to 1 p.m.
 - Scrapbooking, 6 p.m. to midnight.

- Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.

- Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.

- Birds of Prey, Norman Bird Sanctuary, 10:30 to 11 a.m., 846-2577.

- Save the Bay/New England Aquarium, Easton's Beach, 1:30 to 2:30 p.m.

- Movies, Recreation Center, beginning at 5 p.m.: *Enough* (PG-13) and *Death to Smoochy* (R). Other movies are available and may be shown upon request.

- Candlelight Tour, Belcourt Castle, 6 p.m., 846-0669.

- Pawtucket Red Sox vs. Syracuse SkyChiefs, McCoy Stadium, Pawtucket, 7:05 p.m., 724-7300.

SATURDAY, August 24

- Destination Health: Annual Wellness Festival, International Tennis Hall of Fame, 194 Bellevue Ave., Newport.

- Marine Biology & History of Rose Island Lighthouse, Rose Island, 1 to 3:30 p.m., 1-800-NARRBAY.

- Live Jazz, Greenvale Vineyards, Wapping Road, Portsmouth, 1 to 4 p.m., 847-3777.

- USA Volleyball and First Night Providence Celebrity Pro/Am Challenge, Easton's Beach, Newport, 847-0751.

- Unlimited Regatta, Museum of Yachting, 847-1018.

- Newport International Polo Series, Glen Farm, Portsmouth, Newport vs. Meadowbrook, 5 p.m.

- Public Clambake, Kempenaar's Clambake Club, 5 p.m., 847-1441.

- Pawtucket Red Sox vs. Rochester Red Wings, McCoy Stadium, Pawtucket, 6:05 p.m., 724-7300.

- Dance Celebration at Waterfire Providence, Waterplace Park Stage, On the Corner of Art and Vine, 8 p.m., 763-1063.

- "No Hassle at the Castle," Belcourt Castle, 8:30 p.m. to 1 a.m., 846-0669.

SUNDAY, Aug. 25

- Chapel of Hope worship services:
 - Catholic mass, 9 a.m. and noon
 - Protestant Services, 8 and 10:30 a.m.

- Sunday Bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.

- Guided Bird Walks, Norman Bird Sanctuary, 8 a.m., 846-2577.

- Newport Harbor Kayak Paddle, Fort Adams, 9 a.m. to 12:30 p.m., 1-800-NARRBAY.

- Unlimited Regatta, Museum of Yachting, 847-1018.

- Save the Bay 12-Meter Regatta, New York Yacht Club dock, noon, 272-3540 ext. 119.

- Pawtucket Red Sox vs. Rochester Red Wings, McCoy Stadium, Pawtucket, 1:05 p.m., 724-7300.

- Newport Comedy Series, Newport Yachting Center, 7:30 p.m., 846-3018.

MONDAY, Aug. 26

- Armed Services YMCA:
 - Fitness Hour, 8 to 9:30 a.m.
 - Fitness Hour, 9 to 10:30 a.m.
 - Kids Sewing Camp, 10 a.m. to noon, \$80 in advance.

- Let's Make Music 11 a.m. to noon.

- Fitness Walk and Tone, 8 to 9 a.m., Gym 109.

- Intermediate Weight Training for Women 9 to 10:30 a.m., \$10 per person.

- Pawtucket Red Sox vs. Rochester Red Wings, McCoy Stadium, Pawtucket, 7:05 p.m., 724-7300.

- The Edwards Twins, Newport Playhouse and Cabaret Restaurant, 8 p.m., 848-7529.

TUESDAY, Aug. 27

- Country Presentations Program by, Naval War College international students from Benin and Estonia, Pringle Auditorium, noon.

- Armed Services YMCA:

- Fitness Hour, 8 to 9:30 a.m.

- Fitness 9 to 10:30 a.m.

- Cooking with Miss Kathy, 11 a.m. to noon.

- Kids Sewing Camp, 10 a.m. to noon. \$80 in advance.

- Fitness Hour, 1 to 2:30 p.m.

- Fitness Walk and Tone, 8 to 9 a.m., Gym 109. \$5 for five weeks! Call 841-3154.

- Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.

- Preschool Reading Hour, Norman Bird Sanctuary, 10:30 to 11:30 a.m., 846-2577.

- Stress Management, Fleet and Family Support Center, 11:30 a.m. to 1:30 p.m.

- Officers' Club movies, 6 p.m., *Life or Something Like It* (PG13); 8 p.m. *Double Whammy* (R).

- The Edwards Twins, Newport Playhouse and Cabaret Restaurant, 8 p.m., 848-7529.

- The Astor Ball, Astors' Beechwood mansion, 8 p.m., 846-3772.

WEDNESDAY, Aug. 28

- Armed Services YMCA:

- Kids Sewing Camp, 10 a.m. to noon, \$80 in advance.

- Parents' Time Out, 9 a.m. to noon, \$10 for first child, \$5 for each additional child.

- Fitness Hour, 1 to 2:30 p.m.

THURSDAY, Aug. 29

- Country Presentations Program by, Naval War College international students from Trinidad and Tobago; and The Ukraine, Pringle Auditorium, noon.

- Armed Services YMCA:

- Fitness Hour, 8 to 9:30 a.m.

- Fitness Hour, 9 to 10:30 a.m.

- Kids Sewing Camp, 10 a.m. to noon, \$80 in advance.

- Sting and Things, Roger Williams Park Zoo, 11 a.m. to 3 p.m., (401) 785-3510.

- Lecture: "Stanford White: The Beaux Arts Years," Rosecliff, 11 a.m., 847-1000.

- Anger Management, Fleet and Family Support Center, 11:45 a.m. to 1 p.m.

- USTA Mother-Daughter; Senior Mother-Daughter and Super-Senior Mother-Daughter National Grass Court Championships, Tennis Hall of Fame, 849-3990.

- Homebuyers Workshop, Fleet and Family Support Center, 7 to 9 p.m.

- Britten Festival, Belcourt Castle, 7 p.m., 846-0669.

- Murder Mystery Tour, Astors' Beechwood Mansion, 8 p.m., 846-3772.

Upcoming events:

- Aug. 30: Naval Station Newport Summer Concert Series finale, Dewey Field, Coasters' Harbor Island, 6 p.m. Fireworks about 9:15 p.m.

- Aug. 31 to Sept. 2, 22nd annual Classic Yacht Regatta, Museum of Yachting, Fort Adams State Park, Ocean Drive, Newport, 847-1018.



Photo courtesy MWR

WET SEAT — Mess Management Specialist James H. Morris of Combined Bachelor Quarters waits to take the plunge in the dunk tank at the Naval Station Newport Command Picnic last week at Carr Point Recreation Area. The game raised \$186 for Navy Marine Corps Relief Society.

Sponsor families sought for Navy Prep's students

The Naval Academy Preparatory School (NAPS) Class of 2003 is seeking sponsor families for its midshipman/cadet candidates.

The NAPS Sponsorship Program offers students respite from the rigors of their military and academic responsibilities, and an opportunity to relax in an informal, hospitable setting. It also provides an environment suited for mentoring

the school's young men and women.

Sponsors are encouraged to invite their sponsorees to community and/or family activities or functions, and to open their homes to students for an occasional home-cooked meal, a place to study, or just to watch television.

There will be a sponsor brief

SPONSORS, Page 13

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Assess personal stress, then learn to cope

Stress Management 101 is scheduled for Tuesday, Aug. 27, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center.

If you sometimes have problems coping with day-to-day situations, or just need some relief from stress on the job or at home, then this workshop is for you. Learn how to assess your stress level, increase stress relief skills to avoid burnout, and learn how to

11:45 a.m. to 1 p.m. Registration is required and may be made by calling 841-2283.

Homebuyer's Workshop — Come to the Fleet and Family Support Center on Thursday, Aug. 29, from 7-9 p.m., and meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options.

Registration is required and may be made by calling 841-2283.

Your Ticket to Ride — Have you ever purchased a car or truck and then had this uncomfortable feeling that maybe you paid too much? If the answer is yes, or you want information on how to buy a new or used car or truck, come to the Car Buying Workshop at the Fleet and Family Support Center on Thursday, Sept. 5, from 11:30 a.m. to 1 p.m.

A representative from the Navy Federal Credit Union (NFCU) will provide you with the skills to negotiate the best price, compare costs of owner-

ship, conduct research via the Internet and to explore financing and lease options. Call 841-2283 for more information and to register.

Early Childhood Step (Sys-

tematic Training for Effective Parenting) — This seven-week program is designed to give parents information about child development, practical discipline, communication

strategies, ways to build self-esteem, and more. The program begins on Tuesday, Sept. 10, from 6:30 to 8 p.m.

For more information and to register, call 841-2283.

Fleet and Family Support Center

regain control of stressful situations. Call 841-2283 to register.

Anger Management — Anger is a powerful emotion. It can be used destructively, or it can be used for positive change. Learn how to manage your anger and change your life for the better. This skill-building workshop will take place at the Fleet and Family Support Center on Thursday, Aug. 29, from

Naval Dental Center Northeast

Dentists also guilty of antibiotics abuse

LT. MATHEW J. ROYAL
Branch Dental Clinic Newport

Widespread clinical use of penicillin began in the early 1940s due to the demands of World War II. Over the next few decades, numerous antibiotics were introduced and deemed "the miracle drugs."

In 1969 the Surgeon General of the United States declared before Congress that it was time to "close the book on infectious disease." Antibiotics were thought to have won the war against bacterial infections.

Today infectious diseases are the world's leading cause of death, due in large part to the emerging crisis of antibiotic resistance in bacteria.

Inappropriate prescribing of antibiotics by physicians, dentists, and veterinarians has greatly contributed to this problem. Insufficient training in dealing with infectious dis-

eases and proper antibiotic therapy, along with fear of litigation and patient demands, are the major reasons for misuse by health care providers.

Dentists prescribe 10 percent of all the common antibiotics (penicillin, cephalosporins, macrolides, and tetracyclines). Misuse of antibiotics in dentistry primarily involves the prescribing of antibiotics in inappropriate situations and for an inappropriate length of time.

This might include giving antibiotics to otherwise healthy individuals after the completion of a dental procedure, to "prevent" an infection, which most likely would not develop.

Another common misuse of antibiotics in dentistry involves the treatment of periodontal or gum disease. The most common type of gum

ANTIBIOTICS, Page 13

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'Greyhounds' pay visit



BOATSWAIN'S MATES
Second Class Sharelle Owens, left, and Tenzin Lhudup haul in the lines for the guided missile destroyer USS Ross as she berths at Pier Two.



PHC (AW) Jon Hockersmith,
STGC Andrew Robillard
and Richard Alexander/
U.S. Navy photos

Three destroyers show pride in Navy Newport

By **RICHARD ALEXANDER**

Navalog editor and

ENS. JENNIFER BERG

NAVSTA Public Affairs Staff

Almost 1,000 Sailors on four warships visited Naval Station Newport and the City by the Sea Aug. 6 to 10 as part of the Destroyer Centennial Celebration.

The Arleigh Burke Class guided missile destroyers USS Ramage and USS Ross; the Spruance class destroyer USS Peterson; and the coastal patrol boat USS Toronado were berthed at Pier Two while their crews participated in competition ashore.

The pier almost looked like the post-World War II days when the Cruiser-Destroyer Force, U.S. Atlantic Fleet was based in Newport.

The celebration, coordinated by the Surface Navy Association, marked the

100th anniversary this year of the destroyer class of warship.

Nicknamed the "Greyhounds of the Fleet" for their speed in naval combat, as well as "tin cans" for their light hulls, the destroyer has been essential to U.S. naval warfare through the past two world wars.

For some rest and relaxation, the visiting crews participated in basketball and softball tournaments, bowling, and a 5k race, all incorporated in the Surface Warfare Officers School Command Captain's Cup competition.

In the final point tally, the USS Ramage was first with 16 points, followed by the USS Ross with 15. The USS Peterson was third with 5 points.

On Wednesday, two teams from each destroyer participated in a double-elimination basketball tournament.

DESTROYERS, Page 9



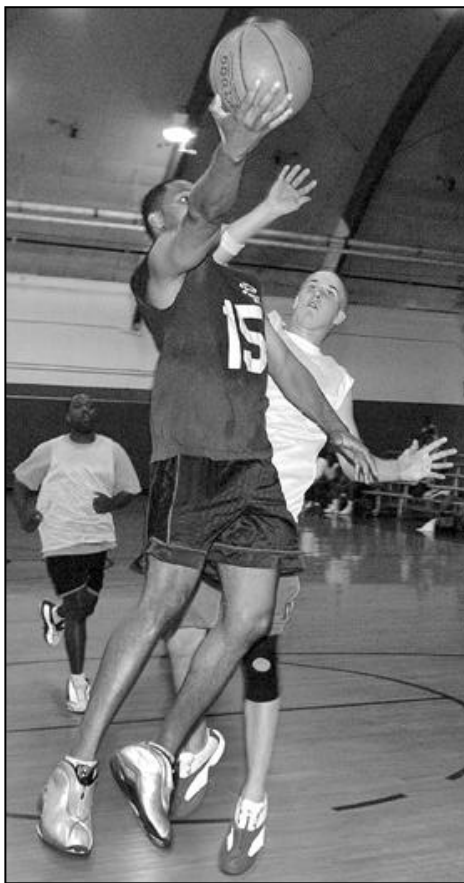
SWOSCOLCOM pitcher, Petty Officer Jeremie Zeller, dives for a pop-up while teammate, Petty Officer Joe Vaughn moves in for backup.



FIRE CONTROLMAN Third Class Michael Rowley explains communication and navigation equipment mounted on the bridge wing of the USS Ramage to visitors at Pier Two.



HEAD CHEFS—Chief Navy Counselor (AW) Martha Lara, Surface Warfare Officers School and Chief Gas Turbine Systems Technician (SW) Manny Veloz man the grill at the Destroyer Centennial picnic at Carr Point.



HOOP TIME — Petty Officer Joe Shelton (15) from the USS Peterson 'A' team battles it out with USS Ross defender, Seaman Joe Schaffer, during the basketball tournament in Gym 109.

Destroyers

Continued from Page 8

ment held at Gym 109. The undefeated USS Ramage Team 1 went all the way to defeat USS Ross Team 1, 58-55, in the championship round.

On Thursday morning, teams from the three destroyers and one from the Surface Warfare Officers School squared off for a double elimination softball tournament at Carr Point Recreation Area. The USS Ross fielded two teams, and Ross 1 beat the USS Peterson, 4-2, to take first place. USS Ross 2 placed third.

A Team 5k Race on Friday morning capped off the week's competition. Two USS Ramage teams placed first and second, followed by the USS Ross and USS Peterson. In the individual standings, Bob Byron of the Naval War College was top finisher for males at 18:16. The first female was Sandy Seaman at 28:50.

In bowling at Seaview Lanes, Building 656, the USS Ross placed first, followed by the USS Ramage and USS Peterson.

On Friday and Saturday, Aug. 9 and 10, the warships were open to public tours.

Mark MacGillivray and his son



BEST IN COMPETITION — Capt. Ronald Brinkley, right, Commanding Officer of Surface Warfare Officers School Command (SWOSCOLCOM) presents Cmdr. Rick Hendrickson, Commanding Officer of the destroyer USS Ramage, with the first place trophy as overall winner in the Captain's Cup competition during the Destroyer Centennial Celebration.

Hugh, 6, of Portsmouth, R.I., toured the bridgewing of the USS Ramage.

"I read about the public visiting in the paper and my schedule was free, so I thought we'd come see it," Mr. MacGillivray said. This was Hugh's first time aboard a Navy ship.

For Emmet Turley of Jamestown, the tours were an opportunity to reminisce aboard ship. Turley in his younger days

worked for Goodyear and was a contractor for the Navy. He worked extensively on the 32-inch triple torpedo tubes, which the destroyers carry, as well as the Tomahawk missile.

"I feel sorry for this young man," Turley's wife said, pointing to Fire Controlman Third Class Michael Rowley as he described the Vertical Launch System (VLS). "He says he's never fired a Tomahawk. My husband's fired several for testing."

Mary Matassa of New Orleans, La., whose son

is a student at the Naval War College, visited the destroyer to see what his next ship looks like. She spent several days exploring Newport, too.

Friday night, hundreds of crewmen from the visiting ships attended Naval Station Newport's Summer Concert Series on Dewey Field. Navy Band Northeast's Rhode Island Sound played classic and contemporary rock music for the crowd.

JFK Battle Group returns home

NORFOLK (NNS) — More than 7,000 Sailors assigned to the ships and squadrons of the carrier USS John F. Kennedy Aircraft Carrier Battle Group, returned to their East Coast home-ports and bases last week. They completed a six-month combat deployment in the Arabian Gulf, in addition to operations in the

Mediterranean Sea and Atlantic Ocean.

Navy-wide news

USS John F. Kennedy, the guided missile cruisers USS Hue City and USS Vicksburg, along with the Arleigh Burke-class guided missile destroyer USS The Sullivans, returned to their homeport of Naval Station Mayport, Fla. Aug. 17, while the embarked squadrons of Carrier Air Wing 7 flew off Aug. 14, as they approached Hampton Roads. USS Seattle, a fast combat support ship homeported in Norfolk, arrived pierside Aug. 16.

The Kennedy CVBG, commanded by Rear Adm. Steven J. Tomaszewski, departed their homeport of Naval Station Mayport, Fla., Feb. 7, relieved the USS Theodore Roosevelt Battle Group in early March and flew their first combat missions over Afghanistan March 11, their first day on station.

Kennedy completed its 17th deployment, highlighted by participation in Operation Enduring Freedom, where they delivered more than 64,000 pounds of ordnance on Taliban and Al Qaeda targets.

NUWC assists battle group

NEWPORT, R.I. (NNS) — Naval Undersea Warfare Center (NUWC) Newport recently supported the USS Harry S. Truman (CVN 76) Battle Group by providing training on the Navy's Extremely High Frequency (EHF) Satellite Communications program (NESP) in preparation for the battle group's Inter Deployment Training Cycle.

NESP, operational since the early 1980s, provides core warfighting capabilities for Navy ship, shore and submarine platforms. EHF is the fleet's medium of choice for effectively exchanging tactical warfighting information.

With its low probability of intercept and detection characteristics, EHF enhances bat-

tle group communications capabilities and allows deployed battle groups to operate with a decisive advantage over potential enemies.

Absentee voting urged for military

WASHINGTON (NNS) — If you think your vote doesn't count, just ask

George W. Bush and Al Gore.

With the 2002 general election fast approaching Nov. 5, Federal Voting Assistance Program (FVAP) officials are sponsoring Armed Forces Voters Week, Sept. 1-7. The week is designed for military installations worldwide to highlight voting issues.

"The objective is to create awareness of the electoral process and to

motivate military members to participate in the upcoming general election," said Polli Brunelli, federal voting program director. "We want to encourage our military members, their dependents, our federal employees overseas and our overseas citizens to be aware of the elections and to exercise their right to vote."

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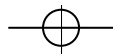
Navy Federal Credit Union has teamed up with Enterprise Car Sales to offer certified pre-owned vehicles to Navy Federal members. Take your pick from a large selection of late-model foreign and domestic cars, vans, trucks and SUVs.



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For more details or to apply for a Navy Federal auto loan, visit www.navyfcu.org, call 1-800-336-3333 or stop by a Navy Federal member service center.

*Offer valid July 5, 2002—August 31, 2002. Offer void when 7-day repurchase privilege is activated. Navy Federal will deposit \$500 into your share savings account within 14 business days of vehicle loan documents receipt at Navy Federal headquarters. Offer not valid for previous Enterprise vehicle purchases. Not valid with any other Enterprise Car Sales offer. Navy Federal Credit Union can serve most active and retired Navy and Marine Corps military personnel, Department of the Navy civilian employees and their families. Federal law generally prohibits federal credit unions from serving nonmembers. This credit union is federally insured by the National Credit Union Administration. 10453 (7-02)



Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

New lunch selections will have your mouth watering

Just can't bear the thought of another canned or frozen lunch? Then you will want to head over to the Officers' Club, Building 95 and dine on a fresh, delicious selection from the all-new lunch menu!

You can still choose from the two hot entrees, order an overstuffed sandwich or make yourself a crisp salad from the salad bar, but now there are even more choices including low fat pockets, gourmet items, vegetarian alternatives and specialty salads.

There is truly something for everyone—all offered at affordable prices! A cup of "Block Island" chowder or hearty Navy chili complements any lunch choice. Lunch is served Monday through Friday from 11 a.m. to 1:15 p.m. For information, call 841-4821.

Today: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections.

Tonight: Kick off the weekend right with a choice of Friday fun: Enjoy a fabulous outdoor barbecue or complimentary hors d'oeuvres every Friday from 5 to 7 p.m. Buy a beverage and receive a "free food" token good for a free hot dog or hamburger or, enjoy a free food buffet. Deck and Pub open at 4 p.m. Rocking DJ, Lou Paziienza spins tunes every Friday from 5 to 9 p.m.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

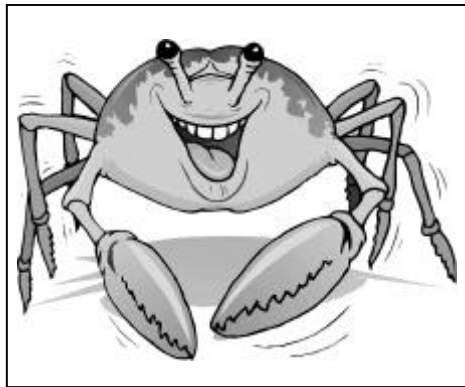
Sunday: All hands Brunch, buffet-style, main dining room, 10 a.m. to 12:30 p.m. Reservations required.

Monday and Tuesday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5:30 to 8 p.m., Topside Pub Pasta Night. All-you-can-eat fresh cooked pasta, salad and warm garlic bread. Pub opens at 4 p.m. On Tuesdays, free movies at 6 and 8 p.m. in the Topside Pub.

Wednesday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, free Sliced Beef Sandwiches. Buy a beverage of your choice and receive a food

token redeemable for two sandwiches. Other items also available. Pub opens at 4 p.m.

Thursday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, Lob-



LET'S GET CRABBY — The Officers' Club fabulous all-you-can-eat Alaskan king crab buffet is coming up fast on Friday, Sept. 20 from 6 to 9 p.m. Tickets may be purchased in the Gift Shop, or by calling 846-7987.

sters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings, fresh garden salads, creamy clam chowder and buckets of steamed clams with drawn butter. Pub opens at 4 p.m.

Upcoming Events:

Advance tickets may be required for below events. Gratuity is included in all tickets prices and there is no charge for children 3 and under at special events.

Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

Sept. 20: The dinner event that features every delicious crab dish you can imagine! Tickets are now on sale for this fabulous all-you-can-eat Alaskan king crab buffet on Friday, Sept. 20 from 6 to 9 p.m. at the Officers' Club.

The menu features crab bisque, homemade crab cakes, crab salad, warm breads, king crab lasagna, crab del ray, and stuffed crab legs. There will also be top round of beef, scallop potatoes, fresh vegetables and more, so don't miss this feast fit for royalty!

Tickets are \$31.95 for adults, \$11.45 for children 4 to 12, and free for children 3 and under.

Gratuity is included in ticket prices and seating will be by tickets and reserved time (requested at time of ticket purchase) only. Tickets may be purchased in the Officers' Club Gift Shop during normal hours of operation or by phone (Visa/MC only) by calling 846-7987.

Sept 27: Purchase tickets today to a special Friday edition of Lobsters for Happy Hour featuring the swinging sounds of Eight to the Bar!

Enjoy a fabulous evening of dining on a full Lobsters for Happy Hour a la carte menu featuring one-plus pound boiled lobster, steamers, BBQ chicken, giant Idaho baked potato, fresh garden salad and more! Eat as much as you want because when the music starts at 7:30 p.m. you'll be dancing to the cool sounds of rhythm & blues, soul, Motown, boogie-woogie and swing music by the fabulous Eight to the Bar.

Advance tickets for this extraordinary event are now on sale at the Officers' Club Gift Shop for just \$10 each. Tickets will also be available the night of the show for \$13 each.

Tickets for children ages 4 to 12 cost \$5 a piece and children under 3 are admitted free. Purchase tickets by phone using Visa/MasterCard by calling 846-7987.

Don't miss this outstanding musical event—order your tickets today. For more information on Eight to the Bar visit their website at www.eighttothebar.com.

Enlisted Lounges

(Building 656, phone 841-3054)

ATTENTION: The Recreation Center, including the Enlisted Club, Chiefs' Club and Computer Café in Building 656, will secure at 1:30 p.m. on

Aug. 30 for the Navy Band Northeast concert and fireworks at Dewey Field.

The rain date for the show is Saturday, Aug. 31. Regular hours of operation will resume on Saturday, Aug. 31, unless the show moves to the rain date, in which case the Recreation Center will secure at 1:30 p.m. on Saturday and reopen on a normal schedule on Sunday, Sept. 1.

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Head over to the deck tonight and every Friday night and kick off the weekend with a dynamite deck party! Starting at 5 p.m., you are invited to enjoy grill-your-own complimentary hot dogs, hamburgers and much more, as you sip refreshing beverages, and listen to the coolest tunes, spun by "Deck D.J." Tim West.

The party moves inside in case of rain. So, mark your calendar, tell your friends and get ready to kick off the weekend at the Rec. Center. For more information, call 841-3054.

From 5 to 8, order our fish 'n chips dinner. Call for advance order take out. No home delivery.

Saturday: 3 to 11 p.m., Pub menu available all day.

Sunday: Noon to 8 p.m., Pub menu available all day.

Monday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.

Lunch, begins at 11 a.m., daily specials and pub menu, including burgers, salads, sandwiches and more. Lunch and dinner is open to all hands and Department of Defense civilians are always welcome.

Call for advance order take-out. No home delivery.

Monday is "Pile your Plate" with Pasta night, 5 to 8 p.m. Enjoy pasta, marinara sauce, meatballs, sausage, salad and more! Just \$4 per person.

Tuesday is "Taco Night," 5 to 8 p.m.

Auto Skills

Shop to close for painting

The MWR Auto Skills Shop, located in Building 304 will secure at 5 p.m. on Saturday, Aug. 31 for floor painting and the Labor Day holiday. The shop will re-open on Tuesday, Sept. 10 at 11 a.m. For more information, call 841-3026.

Let us help maintain auto

Are your windshield wipers leaving streaks on your window? Do all your directional lights work properly? Maintenance on these items is often overlooked, but they are important to the safe operation of your car.

Visit the Auto Skills Shop, Building 304, and have your vehicles systems inspected today. The automotive professionals can check your windshield wipers, headlights, brake lights and directionals to ensure they are working correctly.

The retail shop can order any parts you need to keep your vehicle in tip-top shape. Remember, neglected car maintenance wastes money and could leave you stranded!

The Auto Skills Shop is open Tuesday through Friday from 11 a.m. to 7 p.m. and on Saturday from 9 a.m. to 5 p.m.

Call 841-3026 for more information.

Vet Clinic

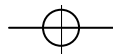
Pet cat needs ID tags, too

Do you own a cat? If so, did you know that Rhode Island law requires that all cats wear identification?

This law is intended to assist in returning lost cats and to protect the public from rabies (unidentifiable animals may be quarantined, etc.).

Identification can be a collar and tag, rabies tag, tattoo, microchip, or any combination of those means. Please visit the U.S. Veterinary Treatment Facility in Building 303, or call 841-3994 for more information.





Leisure

Bowling

(Building 656, 841-4293)

Seaview Lanes is open Wednesday to Friday, 5 to 10 p.m.; Saturday 1 to 7 p.m. and 8 to 11 p.m. (every other Saturday for Rock 'n Bowl); and Sunday, 1 to 7 p.m.

— Fall bowling leagues are scheduled to begin in September at Seaview Lanes, Building 656. There are openings for bowlers on the following leagues:

Wednesday night— All-Hands (starts at 6:30 p.m.)

Thursday night— Mixed League (starts at 7 p.m.)

Friday night— Sunset Couples (starts at 7 p.m.)

For more information, call Ed Machado during normal hours of operation at 841-4293.

Youth Bowling League begins Saturday, Sept. 7 and is open to children of active duty military personnel, retirees, reservists and DoD civilians ages 5 and up. All games take place on Saturdays from 1 to 3 p.m.

For more information, please call Ed Machado during normal hours of operations, or contact Lee Van Buren at 849-5877 (evenings).

Specials:

— 'Rock and Bowl' Aug. 24, \$7 per person, including shoe rentals. At 8 p.m. Seaview Lanes turns down the lights and the DJ spins all the hottest rock and roll hits.

— Sunday special is \$7 an hour from 1 to 7 p.m. for two people.

— Bowling birthday parties available Saturdays and Sundays and include reserved lanes with or without bumpers. A party table with chairs is also included. Cost is just \$5 for each child, including shoe rental.

— Bumper bowling is always available.

Special fitness programs, events

(FITNESS Plus, Building 355, 841-474; or Gym 109, 841-3154)

Weight training class—Learn how to properly use resistance machines and free weights at this new Gym 109 class specifically designed for male patrons. The class will be held on Monday evenings for five weeks, from 5:30 to 6:30, beginning on Aug. 26.

All eligible patrons ages 18 and over are welcome to participate and the cost is just \$5. Pre-registration is required. For more information, or to register, call Gym 109 at 841-7196.

For women only— Are you a woman interested in learning how to use the resistance machines, free weights and cardiovascular equip-

ment? Would like to learn the proper techniques for stretching? Have traditional classes scared you away?

The Morale, Welfare and Recreation Department's fitness staff has the solution!

Register today for one of the next sessions of "For Women Only," beginning on Aug. 27 at Gym 109 and on Aug. 28 at Fitness Plus. Participants will learn proper form and techniques for using the resistance machines, cardio equipment and free weights, and will participate in discussions on health and nutrition.



ARE YOU READY for some football? Register your team today for Naval Station Newport intramural flag football, Sept. 9 through Oct. 24. For more information, call Jim Gauch at 841-1369 or the athletic director at 841-7196.

The gym equipment won't intimidate you when you are learning to use them in a non-competitive group setting led by a qualified instructor.

Classes will be held Tuesdays at Gym 109 and Wednesdays at Fitness Plus from 5:30 to 6:30 p.m. Cost is just \$5 per person for six sessions and class is limited to six participants. Contact the fitness staff at Gym 109 at 841-7196 to register or for more information.

Command Relay offers group challenge— All commands are invited to compile their best swimmer, runner, bicyclist, sprinter and all around best athlete for MWR's Command Relay event on Friday, Sept. 27 at 3:30.

Teams are allowed five participants and each member will perform one of the following events: half-mile swim, 5k run, bike to Carr Point, obstacle course and 400 yard sprint. The relay wraps up at Carr Point with a complimentary cook-

out and awards ceremony.

All participants will receive a t-shirt and the winning team will be awarded a plaque that will be displayed at Gym 109. Register at Gym 109 and hurry—we can only take the first 12 teams! For more information, call Brett Estrella at 841-7196.

Intramural Sports

(Gym 109, 841-3154)

Fall is just around the corner and that means it's time for football! Register today for NAVSTA Intramural Flag Football and have a super season of friendly competition and fun! The league is open to active duty, retirees, reservists, dependents and DoD civilians age 18 and over.

Games are played Mondays through Thursdays at Carr Point and Lawrence Field at 5:15 and 6:15 p.m. The flag football season runs Sept. 9 through Oct. 24.

Teams may register at Gym 109, Monday through Thursday, 8 a.m. to 4:30 p.m. until Sept. 25. There is a \$15 fee for DoD civilians. There will be a coaches meeting at 4:30 p.m. on Aug. 29 at Gym 109.

All teams are required to pay a (refundable) \$100 forfeit fee and must have matching shirts with numbers by the first game. For more information, call Jim Gauch at 841-1369 or the athletic director at 841-7196.

Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Summer hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

•Group Fitness Classes: Offered Monday through Friday. Classes include cardiovascular workout, toning and circuit training and are offered throughout the day. No need to pre-register. Classes are free to active duty, dependents, and active reservists. DoD may participate for just \$1 to walk-in or purchase a punch card good for 30 classes for just \$25. Call or stop by for current schedule.

Computer Café

(Building 656, 841-2194)

•Personal computers available seven days a week to send and receive email, surf the web, play games, etc.— all at no charge. Open Monday through Friday at 7:30 a.m.; Saturday, 3 to 11 p.m. and Sunday, noon to 8 p.m. Food menu available from the Recreation Center kitchen.

Ticket Connection

New Disney on Ice comes to Providence

The magic of Disney is coming to the Dunkin Donuts Center and will feature all of your favorite Disney characters appearing together for the first time. Mulan, Snow White, Jasmine, Aladdin, the Little Mermaid and Belle from Beauty and the Beast will be on hand to entertain young and old.

The Ticket Connection, Building 656, has a limited number of preferred seating tickets available for the 1 p.m. matinee performance on Sunday, Sept. 22. Tickets are priced at \$17 each and must be purchased by Sept. 5 to guarantee seating. Call 841-3116 for more information.

Boat show tickets offered at discount

The Ticket Connection, Building 656, has discounted tickets available for the Newport International Boat Show to be held at the Newport Yachting Center from Sept. 13 to 15. Show hours will be 10 a.m. to 6 p.m. daily. Tickets are priced at \$10 each and may be used on any one day of the show.

Patrons will save \$5 off the \$15 admission price. Children 12 years of age and younger will be admitted free when accompanied by a paying adult.

For more information, please stop by the Ticket Connection, or call 841-3116.

See Broadway musicals at discount matinees

The Ticket Connection in Building 656, has tickets available for several musicals coming to the Providence Performing Arts Center in Providence, R.I. Seating is located in the orchestra section for the Sunday matinee performances of the following shows:

Lord of the Dance, Oct. 13., 2 p.m. \$50
Les Miserables, Nov. 3., 2 p.m. \$53
Miss Saigon, Jan. 12, 2003, 1 p.m. \$54
Phantom of the Opera, March 2, 2003, 2 p.m. \$65

Beauty and the Beast, April 3, 2003, 1 p.m. \$65

Tickets will be sold on a first come basis and, because of the limited number of tickets available, the Ticket Connection reserves the right to limit quantities.

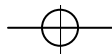
Visit the Ticket Connection office in Building 656 or call 841-3116 for more information.

Discounted passes offered to Rock Gym

Discounted passes for the following rock climbing packages at the Rhode Island Rock Gym in Pawtucket, R.I. are available at the MWR Ticket Connection in Building 656:

Beginner package, \$20 (reg. \$30)
 One-day pass, \$10 (reg. \$12)
 One-month pass, \$49 (reg. \$59)
 Three-month pass, \$130 (reg. \$149)
 10-punch pass, \$80 (reg. \$100)
 20-punch pass, \$155 (reg. \$180)

For information on the Rock Gym, call 727-1704.



TRICARE corner

Changes implemented in acute care access

Full implementation of the TRICARE benefit package has resulted in changing the business practices of many military medical facilities.

One of the most significant responsibilities requires individual primary care clinics to provide all necessary care for enrolled patients (Active Duty, Prime, and SPP) within well-defined time parameters.

Over the past several years, the Internal Medicine, Pediatric, and Family Practice clinics have developed processes to improve access for enrolled patients both during and after normal business hours.

Patients who are not enrolled in TRICARE Prime receive care on a space available basis and are not subject to the required access standards guaranteed by enrollment to Naval Ambulatory Care Center, Newport.

In February 2001, the primary care clinics started to provide more acute care for enrolled patients' in their assigned clinic and less was provided in the CarePlus clinic.

Building on these successes, the clinics can now realize their goal of providing the full scope of services to enrolled beneficiaries — including the extended hours for acute care that are currently provided by CarePlus, specifically, until

6:30 p.m. on weekdays and 8:30 a.m. to 3:30 p.m. on weekends and holidays.

As a result, the CarePlus clinic will close as a designated place of care effective Sept. 3. There will be no change to the total number of appointments available to our enrolled patient population.

Requests for acute care should be directed through the Nurse Triage lines at (401) 841-6177 for Active Duty (except those that receive care at King Hall who will continue to follow current procedures) and (401) 841-6178 or 841-6180 for all other patients.

The nurse triage staff will assist with determining the most appropriate timing and location for care.

Acute care appointments can also be obtained by calling the Sierra TRICARE Appointment line at 1-888-999-5195. Although limited walk-in capabilities will continue to exist for Active Duty, Prime, and SPP patients with conditions that do not lend themselves to telephone triage, such as injuries, the primary mechanism for acute care will be by appointment through either the nurse triage system or Sierra TRICARE line. As always, if after hours emergency care is needed, go to your nearest Emergency Room.

Groundbreaking

Continued from Page 3

offices, plus staff and student lounges.

The main entrance will face the Northeast, and the second deck of the building will be connected to Weakley Hall with a skywalk. Parking will be restricted during construction.

Lt. Marcus Bickley, project information officer, said construction could get underway as early as September. When finished the 74,000 square foot building will accommodate the Division Officer School currently isolated from SWOSCOLCOM in Callaghan Hall on Coddington Point.

Bickley said enrollment in SWOSDOC classes in Newport has grown to 1,100 per year

since the command closed its school in Coronado, Calif., in 1994. Currently, five to six SWOSDOC classes pass through Newport each year, with up to 200 per class. However, SWOS next year will streamline its program from six months to six weeks or less.

Funding for the building was included in the \$10.5 billion Military Construction Appropriations Act for fiscal 2002. The bill passed the House and Senate last fall.

The general contractor is Triton-Marine Construction Corp. of Bremerton, Wash. The company's vice president, Jon Archer, will speak at the ceremonies.

Sports



Kelly Conner/ MWR photos

FIRST PLACE WINNERS in the Morale, Welfare and Recreation Department's 'Super Summer Scramble' golf tournament at Swansea Country Club Mass., are, from left, Zeke Vought, Tony Luckett, Tino Chen and JJ Cormier from Naval Ambulatory Care Center.

Next 'summer scramble' slated for Richmond links

RICHMOND, R.I. — All hands are welcome to enjoy a round on the links at the final "Super Summer Scramble" Golf Tournament of the season on Friday, Sept. 20, at the Richmond Country Club.

This Morale, Welfare and Recreation Department sponsored tournament costs just \$35 per person and includes green fees, cart rental, and prizes.

The tournament will tee off at 8:30 a.m. and is open to all active duty, reserve and Department of Defense civilian personnel. Check-in begins at 7:30 a.m.

Registrations for active duty teams (all four members must be active duty) will be accepted at Gym 109 on Monday, Aug. 26. Teams with two or more active duty players may register beginning on Monday, Sept. 2.

Space available, all other authorized patrons may register beginning on Monday, Sept. 9. Deadline is Friday, Sept. 13.

Golfers must register in person and full team payment is due upon registration. For



SECOND place winners, from left, are Robert Lee, Brad Shee, Michael Scholtz and Mark Sullivan (absent), from the Naval Dental Clinic.

more information, call 841-7196.

Swansea tournament

The Aug. 16 "Super Summer Scramble" was held at Swansea, R.I., Country Club.

The first place winning team included Zeke Vought, Tony Luckett, Tino Chen and J. J. Cormier from the Naval

Ambulatory Care Center, Newport.

Second: Robert Lee, Brad Shee, Michael Scholtz and Mark Sullivan from the Naval Dental Clinic.

Third: Lawrence McLaughlin, Denis Doty, Randy Kaufman and Charles Beam from the Naval War College.



Antibiotics

Continued from Page 7

disease is known as chronic adult periodontitis, which usually responds almost completely to scaling/planing of the tooth roots.

Misuse occurs when antibiotics are used instead of the traditional mechanical approach. There are certain types of gum disease in which antibiotics are advocated for use in conjunction with mechanical therapy.

Using antibiotics as a pain reliever is inappropriate and most studies show that antibiotics do not relieve postoperative inflammation or swelling. Removing the source of an infection is usually the treatment of choice when dealing with dental infections.

Antibiotics are almost never indicated as a substitute for surgical drainage of an infection. Surgical procedures might include making an incision and draining the infection, removing a tooth or performing a root canal on a tooth.

The American Heart Association does advocate the use of antibiotic prophylaxis (coverage) for those dental patients at high risk for developing bacterial endocarditis, which is an infection of the heart's inner lining or the heart valves.

Patients that have a history of previous endocarditis, or conditions such as prosthetic heart valves, complex congenital heart disease, rheumatic heart fever, mitral valve prolapse with regurgitation, or other congenital heart malformations, including some types of heart murmurs, are at risk.

One who has a history of any of these conditions should check with their physician and dentist to see if they need to take antibiotics prior to undergoing certain dental procedures.

The bottom line for dentists and patients is education. Dentists must be aware of the problems associated with indiscriminately prescribing antibiotics, and make sure they have the proper training when it comes to dealing with infectious diseases and antibiotic use.

For additional information, visit our command's website at <http://www-ndcne.med.navy.mil>.

Sponsors

Continued from Page 6

Aug. 27 at 7 p.m., in Perry Hall auditorium for anyone interested in the program.

Assignments will be made the following week when sponsors will meet their candidate on Sept. 6 at 7 p.m. in Gym 302.

At Navy Prep's first home football game, Sept. 7, sponsors will be recognized, and on Sept. 21 sponsors are invited to meet the parents of their student at Parents Weekend.

For many of our students, it is their first time away from home and the program can help ease their transition to a military academy lifestyle.

The goal is to offer sponsor families to all 331 candidates. Standard liberty periods for the midshipman candidates are Saturday, 10 a.m. to approximately 11 a.m. and Sunday, 7:30 a.m. to 6:30 p.m.

Additionally, there are holiday periods such as Thanksgiving, Christmas and spring break when some students are unable to make it home and would benefit from having a mentor/sponsor.

Active duty and retired officers and senior enlisted personnel of all services are encouraged to participate, as well as civilians who are familiar with the military lifestyle.

If you are interested in being a sponsor and cannot make the meeting Aug. 27, please contact Senior Chief Griffaw at 841-2677.

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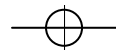
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